

UNITY DAILY WORD

A Page of Sunshine for Every Day



Revealing the way to

HEALTH. HAPPINESS and PLENTY

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A Copy

April, 1934

\$1⁰⁰
A Year



AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

March 20 to April 19

The indwelling Christ fills my mind and my body with the consciousness of God, the Father.

The Mind that was in Christ Jesus is in me, and I am raised to His consciousness of wholeness.

The Mind that was in Christ Jesus is my resource, and I am raised to His consciousness of infinite abundance.

Single copies of UNITY DAILY WORD may be obtained at news stands, at 15 cents. Subscription, \$1 a year.

Unity School of Christianity also publishes *Good Business, Progress, Wee Wisdom, Unity, Weekly Unity, and Unity Sunday School Leaflet* at \$1 a year.

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Entered as second-class matter June 13, 1924, at the post office at Kansas City, Missouri, under the act of March 3, 1879. Accepted for mailing at the special rate of postage provided for in section 1103, act of October 3, 1917, authorized June 13, 1924.



UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

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God's Temple

*The body is the palace,
the temple, the house of
God. Into it He putteth
His eternal light.*

—From the teachings of Sikhism.

Love Will Meet the Need

When your heart is in despair,
Add more love unto your prayer;

Love will meet the need.

When you find a rugged way,
When you have a long, hard day,
When for help you pray and pray,
Love will meet the need.

When your heart is feeling fear,
When you wish that Christ were near,

Love will meet the need.

Love will bring the Christ to you;
Love will help in all you do;
Love will help you to be true;
Love will meet the need.

God as Love will banish hate
If on Him you only wait;

Love will meet the need.

All your needs will be supplied
If on Love you have relied;
Not a thing will be denied;
Love will meet the need.

The Easter of the Soul



H E RESURRECTION of the body so often referred to at this season of the year has its counterpart in the Easter of the soul. We can readily see that the ascension that takes place in the soul would antedate the ascension above things of the physical world. The ascension of Jesus but followed the ascension in consciousness, his rise to a higher realization of His oneness with God.

If you would rise above adverse conditions, you must ascend in consciousness to that place where you realize the true Easter, your ascendancy and mastery over all things. You must reach that heavenly height where you know that Christ in you is the risen Master and that through Him you have risen above all belief in the power of things earthly.

Let your watchword be "Awake! Arise! Ascend!" Ascend into that high consciousness in which you realize your oneness with the presence and power of Christ. Ascend to that realization in which you know that you are resurrected from all identity with adverse things. Know that you have broken all material bonds and that you abide in oneness with your Father.

The Easter of the soul is that experience which the soul has when it realizes its ascension above things of the material world. The soul realizes that it is independent of material and adverse things. It knows that it has ascended to spiritual heights where there is no knowledge of material bondage.

The Easter of the soul takes place when the individual has arrived at that state of consciousness in which he leaves behind the bondage of ignorance and the limitations of materiality. He is no longer bound to persons or things. He perceives perfect freedom and claims it as his own. He rises out of bondage to personality and personal limitations.

If you would resurrect your body from physical bondage and disease, first let your soul experience its ascension. Rise to the truth that you are not bound by anything, not limited by any condition. Rise to the realization that in Truth your freedom is entire. Ascend in thought to those heights where you know that the freedom of Christ, the perfect man, is your own innate freedom.

Easter is a season when we experience new life. New life thrills us in soul and in body. Nothing seems to be able to hold us in bondage or to limit our appreciation of new life. We live in the consciousness that we are at one with something heavenly, something altogether lovely, something magnificent.

The young student of Truth when he first hears or reads its message feels something of the spirit of Easter. He feels within himself a stirring of new life. He feels that old shackles are being broken. Something within him seems to rise to the height of high heaven. He experiences resurrection and ascension in his soul. Easter takes on a new meaning for him be-

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cause he is enabled to give it a personal application.

In the higher realms of the mind and of Spirit we understand the true meaning of the soul's Easter. We appreciate the efforts of the soul to rise above the limited thoughts we think. We see the continual struggle of the soul to rise to those heights where there is no bondage, no belief in the power of adverse conditions or things.

Jesus could not have resurrected His body if He had not first experienced an inner sense of ascension. He could not have risen above physical bondage if He had not first risen above mental bondage. He could not have had a resurrection of the body without first having had an Easter of the soul, a rising to mental heights where no physical bondage exists.

If you would rise above material limitations, if you would rise above the belief in the presence and power of sin, evil, fear, hate, disease, and lack in your life, ascend to that high consciousness where only Truth reigns, where there is naught but the presence and power of light, love, joy, health, and plenty. Ascend to that high realization which recognizes naught but Truth.

If you would deliver your body from bondage to disease, let your soul rise to that height at which life and health alone reign. Rise in consciousness to the realization that nothing in all this world can keep you in bondage.

Quietness and Confidence



NE of the richest gifts that God has given to man is the ability to be quiet when things about him produce noise and chaos. He has the ability to turn instantly from the noise of the world to the presence of quietness within him. Within this presence he finds confidence and strength. Without having this gift, he would be in the position of being subordinate to things of the world. Their noise would draw him away from the seat of power within him.

In Isaiah we read, "In quietness and in confidence shall be your strength." We can readily see that our own strength is not developed through noise and fear, through confusion and instability. We can see that we rob ourselves of quietness and confidence when we believe that things of the world about us have power over us.

Men who make a success of living find that they derive confidence and strength from having regular periods each day in which to be quiet. They turn from the pressure of business, from the demands of the external life, to make a closer union with the presence of God within them. The more they withdraw from external things and from the belief that the outer world has power over them, the easier it is for them to draw near to God.

When we have a feeling of being disturbed and confused about the state of things about us, we need to turn to God within us. We need to say from the depths within us, "Be quiet." We

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need to let the Spirit within us say to the troubled waters of our soul, "Peace, be still." We need to obey the command of Christ within us to give our thought and attention to Him.

Are you disturbed today about something? Do things of the world seem to crowd in upon you and to master you? Do other persons seem to take your confidence and strength from you? Then turn to the quietness and confidence of Christ within you. In Him you will find your strength.

Quietness, confidence, strength! What a progression! Quietness gives us confidence and we develop strength. In quietness we cease to believe that adverse things can have power over us. We realize that in the presence of Christ within us are perfect confidence and completeness of strength, nothing wanting.

Were you to put your confidence in things of the world about you, you would find it unstable. Since material things are impermanent, your confidence would be unstable and vacillating. You would have confidence at one moment and no confidence the next. Not so when your confidence is placed in Christ within you and in Truth. Christ is ever substantial, permanent, enduring.

Those who lack confidence have not found Christ within them. They lack strength because they know not the strengthening power of Christ. They have but to turn to Christ in order to be filled with that confidence and strength which His presence can supply.

The person who feels that he needs confidence shows that he has been directing his thought to things about him instead of to Christ within him. He shows that he needs to find the presence of quietness and peace at the heart of his being.

The person who would have self-confidence must center his confidence in the selfhood of the Christ. He must know that it is the Christ self that gives him confidence. He must realize that he works not through personal effort but through Christ. He must realize that the presence of Christ within him gives him confidence and strength.

We can turn easily to Christ when we cease to believe in the power of external things. When we know that in Truth things of the world have no power over us, we find that Christ within us has all power. From His presence, we derive quietness, confidence, and power.

Our confidence in Christ is never betrayed. He will never fail us. From His presence of quietness comes full assurance that He is always with us, always ready to help us.

One of the most valuable secrets that is revealed by a study of practical Christianity is that of the indwelling presence of Christ, the presence of quietness, confidence, and strength. Man is able to turn to Christ when the world about him seems to totter and to reel and to find in Christ that which is steadying and strengthening. He can turn to Christ and find power to overcome the world.



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The Absolute Viewpoint



QUITE OFTEN teachers of Christian metaphysics are criticized because they take an absolute stand. Their opponents criticize them for taking the stand that in Truth God is all in all, that He is the only presence and power. Some one says that God, the good, cannot be the only presence and power because there is the appearance of evil and disease. Another says that God may be considered all in a theological sense but not in a practical way.

The teacher of absolute metaphysics takes the stand that God, the good, alone is omnipresent and omnipotent. In this realization he comes to know the nothingness of the claim of evil and disease. His only working tool is Truth. Without the realization that God is all in all, he would be a victim of the race belief that evil shares in the presence and power of God.

The teacher of Truth early finds that he cannot make a compromise. He finds that he cannot believe that God is only partly omnipresent and omnipotent or that He is at one time all-powerful and at another half-powerful. If God is God, omnipresent and omnipotent as all good, He must be so at all times and under all circumstances.

We must think of Truth not as a religion or a system of theology but as a practical science or philosophy. We must think of God as something that helps man in his extremity. We must know God as a power that man feels when he needs power. We need to know God as all in all.

at a time when something adverse would seem to usurp God's presence and power.

The absolute viewpoint knows no concession to race belief. The absolute philosophy of life has its reliable principle when evil and disease seem to be raging as well as when things seem to be going all right. The absolute viewpoint takes a most positive stand and gives no quarter to the appearance of anything unlike God.

One time a year or so ago, when many persons were experiencing adverse conditions, one man, who was a student of Truth, told us that he had been unable to apply it to his own affairs and he was going to give it up. Our answer to him was something like this: "You cannot ever give up Truth. Once you discover it, you find it is a part of your very life. Your only possible escape from adverse conditions is through your being loyal to Truth and through applying it." He grasped the point and saw that even though he had been discouraged, even though he had failed in his efforts, he still had to remain positive to Truth.

You can see that the more evil appears in your life, the more loyal you must be to Truth. You must be positive and absolute in your thinking. You must cling to the truth that God is all in all even when evil seems to be all. There is no other way out. There is no other means of escape from adverse conditions but that which comes through our remaining firm and loyal to Truth. We must take the absolute stand because we cannot do otherwise.

Taking Courage

WE NEED to take courage and to feel that each day we rise to newer heights and that our feet are planted on firmer ground. We need to realize that even in discouragement we can find some occasion to rejoice. Even when affairs of the day would discourage us, we must take the attitude that we are superior to things and conditions. We must take occasion to be encouraged by even the slightest evidence of our victory and mastery.

The discouraged person is one who thinks that his efforts have been futile. He lives in the belief that things of the world about him can master him. He abides in the consciousness that external things can, in some wise, conspire against his best interests. He needs to know that he has within him something that can never be thwarted, something that cannot know defeat. He has Christ within him.

Climbing a hill, what a relief it is to pause a few moments and to feel that we have gained ground, to rejoice over what we have accomplished! If we were to think entirely of the work we had to do, of the ground we had to cover, our feeling would be one of weariness. In taking courage from what we have accomplished, we feel that our efforts have availed something and that we have within us something that lifts us to higher and higher heights.

The person who takes the attitude that he will fail in whatever he undertakes usually finds that he does fail. His attitude of discouragement

ment supplies him with plenty of things to be discouraged about. He is prevented from taking courage by his adverse attitude. He is unable to succeed because his mental attitude works counter to success.

If you are inclined to be discouraged over your efforts to do something, learn how to take courage. Feel entirely detached from discouraging conditions. Know that there is within you something that cannot know defeat, that cannot be discouraged. Realize that you have within you something that urges you to higher things and that makes possible your ongoing and success.

The courageous person can accomplish much. He does not hold himself back by brooding over conditions of the past or over his seeming failure. He does not limit his ability in the present by calling to mind what he failed to do yesterday. Each defeat but makes him more sure that he can succeed. Finally, he comes to the place where he experiences no defeat. He finds that something within him makes him succeed. His Christ consciousness prevails.

Take courage today, whoever you are, wherever you may be, whatever may be the task. Take the attitude that you will not be defeated or discouraged. Know that Christ in you will prevail. Realize that His presence inspires and encourages you. Know that He will be with you at all times, will quicken you to know what to do, will make your burden lighter, will cause you to succeed.

How's the Weather?

The day is fair when hearts are light,
When in the heart the light shines bright,
When not a cloud obscures the mind,
When joy within we well can find.

The day is dark when in the soul
The storms of tumult surge and roll,
And there is tempest in the heart
And bitterness in every part.

The day is cool when, by this rule,
We find our thoughts are calm and cool
And in the mind no anger's heat
Can cause our pulse to rage and beat.

The day is one that we call bad
When nothing shows to make us glad
And, through distorted vision, we
Can only evil know and see.

The day is sunny when the sun
Within us shines on every one,
And when the Christ within us bright
Is free to shed on all His light.

When "How's the weather?" 's asked of you,
You then must answer to be true
Just how, within, you view the day:
If sunny, then "It's bright," you say.

Sunday, April 1

*I am no longer worried or anxious.
I am willing to place myself and all my
affairs in God's keeping.*

WHEN WE put ourselves in God's keeping, we realize that all is well. We know that there is nothing in our lives to cause us to worry. We realize that in our trust in God we rise above every thought of anxiety.

If something seems to worry you today, change your thought. No longer give persons and external things power to disturb you. Realize from the depths of your being that all is well. Know that the Spirit of God is taking care of you and all that pertains to you.

When we cast the burden upon the Lord, we do not attempt to carry one corner of it for Him. We do not think of Him as unable to carry the load. We are certain that in our readiness to give all into the keeping of God, we have been rid of all anxiety. We can see that getting rid of worry is a matter of being willing to trust in God in all things.

The person who worries shows that he believes more in the power of things than he does in the power of God. He shows that he needs to trust in God, the good, instead of believing in the so-called power of evil. He needs to realize God's omnipotence.

Casting all your anxiety upon him.—I Pet. 5:7.

Monday, April 2

I am free in mind and in body, because the presence of Christ within me is the presence of freedom.

MAN HAS been given freedom from every kind of bondage. Jesus brought him the message from heaven that set him free. He brought him the truth which freed him from misconceptions and the belief that the untrue is the true. He gave him the truth that liberated him from the false concepts of the race.

If you would enjoy mental and physical freedom, turn to the presence of Christ within you. Know that in Truth nothing in all this world can hold you in bondage. You can be enslaved only by your own limited beliefs. You cannot be bound to fear, disease, and failure when you realize the truth about your perfect freedom.

Drop from mind any thought that would seem to destroy your freedom. Such a thought is not based upon Truth. The message of Christ, the message of Truth, is also a message of perfect freedom to mankind. As long as you believe in Christ, just so long must you believe in your freedom in Him.

Your freedom is eternally established in Truth. In the consciousness of freedom, you will perceive your perfect freedom.

For freedom did Christ set us free.—Gal. 5:1.

Tuesday, April 3

God, the good, is now expressing Himself in and through me and I live in a world of good.



EASE to think of evil as something that must be manifested in your life and you will find that by your change of thought you cease to give it power to become manifest. In the same way, by thinking of the good to the exclusion of evil you will cause naught but good to be manifested. When you think only of God and His manifestations, only these will appear.

In Truth we think often of the omnipresence of God, the good. We take our mind off the appearance of evil and it ceases to appear. Evil cannot appear in our life when we no longer think about it or believe in it. When there is no thought to sustain it, evil no longer has power to appear.

As we meditate upon God, the good, we feel that He fills our life with good. We realize that in Truth there is naught but good, naught but the omnipresence of God. We find that through our consciousness of good we come into the presence of God, All-Good.

When you find yourself thinking of evil, change your thought. Give your thought substance to Truth and to the realization that God, the good, fills your life completely.

I have a goodly heritage.—*Psalms 16:6.*

Wednesday, April 4

*I rejoice to know that Christ within
me is my source of never-ending joy.*



THINK of your joy as centered in the presence of Christ. Realize that in Truth nothing of the external world has power over you. Know that neither person nor thing can interfere with your happiness when you realize that within yourself is the source of happiness.

The joy of Christ is your joy. Nothing can take this joy from you or cause it to diminish when you realize the truth. Neither circumstance nor situation can cause your joy to change when you realize that it is centered in Christ.

Know that Christ in the midst of you is your never-ending joy. Realize that the Spirit of Christ never ceases to rejoice and that you too must rejoice. Know that when you are conscious of His presence and rejoicing, nothing in all the world can cause you to be unhappy.

Man is much inclined to believe that things can take his joy from him. He should look at life from a positive standpoint and realize that Christ in him makes him rejoice. He should know that Christ is ever in the midst of him.

Then will I go unto the altar of God,
Unto God my exceeding joy.

—*Psalms 43:4.*

Thursday, April 5

*I know but one law, the law of God,
the good, and I obey Him in all things.*

DO YOU make many laws of limitation for yourself? Do you feel bound by laws of ill luck, adversity, failure, and disease? Have you realized that all these laws are of your own making and that they are in effect only to the extent that you consent to them?

God is the principle of Truth, the law of good. As there is but one God in Truth, so there is but the one law. In Truth there is no law or principle of evil. The one law in Truth is the law of good, health, love, and plenty. It knows no opposite, recognizes no law of evil.

We obey God when we think only of Him and of His law. We realize that there is no other power, no other principle. We know that God alone is law and principle, the law and principle of Truth. We find a great satisfaction in the truth that we are not under adverse laws or laws of limitation.

When you feel that you are being governed by some adverse belief, ask yourself if it conforms to the law of God. If a belief is not sustained by the law of Truth, it has no substance and no reality. Only that which is based upon God's law can endure.

The ordinances of Jehovah are true, and righteous altogether.—*Psalms 19:9.*

Friday, April 6

*The life of Christ in the midst of me
is my own life and I am thoroughly alive.*



THINK of the life of Christ within you as the life that ever sustains you. Realize that this life is sufficient for all your needs and that it is equal to every demand you make upon it. When you need more life, you only need to turn to Christ within you and come into a consciousness of more life.

When you are weary, turn from things of the world and realize that you live in Christ and that He ever sustains you. Know that He is the source of your life, that He vitalizes and energizes you. In this consciousness, you will find new life surging through you and refreshing you.

Drop from mind every belief that your life is limited in any way. Realize that Christ's life is abundant and that it is inexhaustible. The life of Christ in you ever flows through you, cleansing, vitalizing, healing, and strengthening you. If you will but realize the full import of this statement, you will not need anything else in order to have perfect health.

Living in Christ, we live in the realization that we are ever at one with His life. We find that we cannot be separated from Him or from life.

Understanding is a wellspring of life.—*Prov. 16:22.*

Saturday, April 7

When I love, I become an open channel for the love of Christ within me.

HAVE YOU ever realized that you let the love of Christ within you be expressed when you love? Have you discovered that you can love easily when you just let Christ in you express Himself? You will find no difficulty in rising above the personal sense of hate or bitterness when Christ within you is free to express love.

In order to get rid of personal animosity, you must rise to the consciousness of a love that knows no compromise with hate. You must know that love which Christ symbolizes and that love which is all-consuming. If you would love, do not let your mind get into a state of argument as to why you should not love.

The loving presence of Christ is ever within you. When you hate, you disregard the presence of Christ. When you love, you unify yourself with Him. You rise above unloving thought and rest in the consciousness of perfect love. You know that love which is heavenly.

When you find yourself in an unloving mood, change your thought immediately. Think of Christ and His presence within you. Rest in His love.

The Lord make you to increase and abound in love one toward another.—*I Thess. 3:12.*

Sunday, April 8

*I patiently behold the work of God
now being done in all my affairs and I
know that all is well.*



THE PATIENT PERSON is one who is willing to trust calmly in God and witness His work being done. He is not bothered by appearances. Evil may seem to be imminent, yet he stands firm in the consciousness that God will prevail. He knows that all is well even though those around him may be concerned about the outcome of events.

If you are inclined to be impatient, increase your trust in God. Learn to look past the appearance of evil and to behold the goodness of God coming into expression. Cease to think that things of the external world have power to thwart or to delay the work of God.

When the thought of impatience comes to you, drop it right away. Begin to think of God and how reliable you have found Him to be. Know that He will not fail you. Realize that men in all times have looked to Him for help and that His work has been done when relief or salvation seemed impossible. Your trust in Him will not go unrewarded.

Patience is an inner knowing or confident assurance that all is well. We intuitively know that God will come to our rescue.

Let patience have its perfect work.—James 1:4.

Monday, April 9

The thoughts of my mind are now established in Christ and I think Truth.



CHRISTIAN psychology must play an active part in the development of the practical Christian because he finds that he must think in harmony with the mind of Christ if he is to develop spiritually. He finds that he must drop from mind those thoughts which are not in keeping with Truth.

When we affirm that our thoughts are established in the Truth of Christ, we realize that we have emerged from the night of erroneous and fallacious thinking and have ascended into the light. We realize that we have corrected our thinking and have made our thoughts conform to Truth.

When the mind is stayed on Christ, it does not waver. No adverse belief can cause it to become unpoised. It maintains its relation to the Christ mind. Students of practical Christianity find that they must have the Christ mind as a standard in order to know what to think and what not to think.

We are saved from sin and evil through keeping our thought centered on Christ. He, through our right thinking, is our Savior, saving us from the adversities that would result from adverse thinking.

Thou wilt keep him in perfect peace, whose mind is stayed on thee.—Isa. 26:3.

Tuesday, April 10

My mind is filled with the peace of Christ and I am at peace.

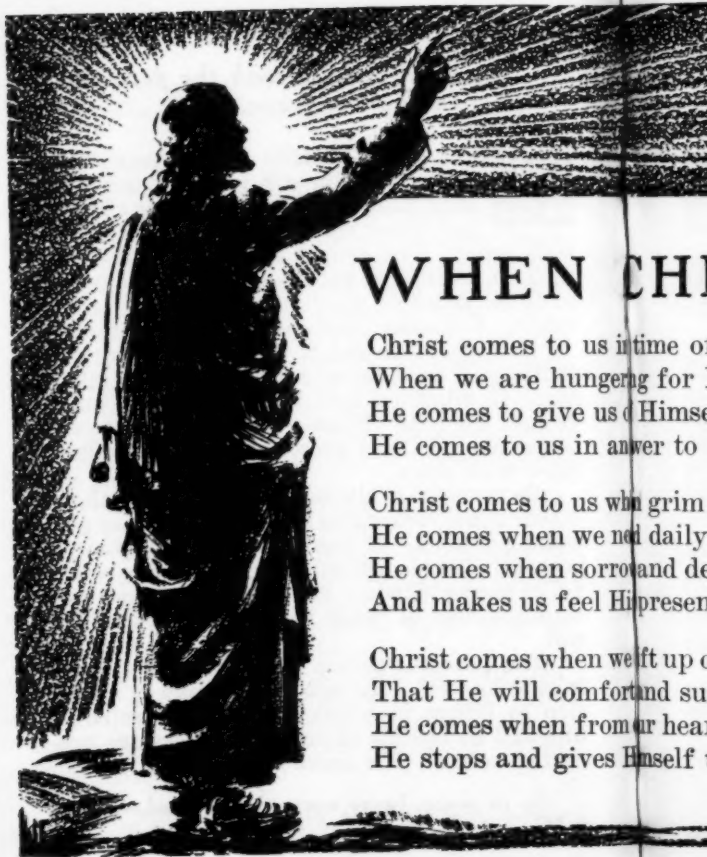
FILL YOUR MIND with thoughts of peace and you will not be touched by inharmony. No inharmonious thought can enter your mind when it is filled with peace. You cannot lack peace when your thought is centered upon peace. You have power to think peace or to think thoughts of inharmony. You alone decide which you will think.

God's will for you is peace. Knowing this truth, you need never succumb to any inharmonious situation and think that you cannot escape from it. When you abide in the consciousness of God's presence, your life will be filled with peace.

Be peaceful in all your relations with others. Never allow yourself to be inharmonious in personal relations. If you want others to have a peaceful attitude toward you, you must be peaceful in your attitude. You must enter that high consciousness of peace from which you cannot fall.

The peaceful person always attracts blessings to himself. His poise places him in a relation to things in which they are attracted to him and he has his choice of the blessings presented to him. His peace is magnetic.

Go in peace, be ye warmed and filled.—James 2:16.

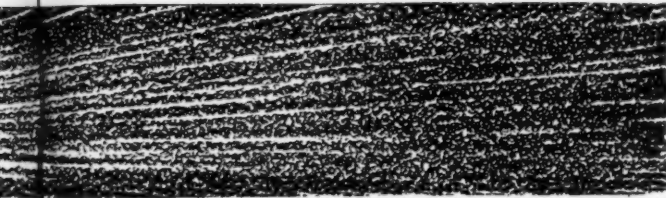


WHEN CHRIST

Christ comes to us in time of need
When we are hungering for Him
He comes to give us of Himself
He comes to us in answer to our cry

Christ comes to us when we are grim
He comes when we need daily grace
He comes when sorrow and death
And makes us feel His presence

Christ comes when we lift up our voice
That He will comfort and sustain
He comes when from our hearts
He stops and gives Himself to us





CHRIST COMES

us in time of stress, when we're alone, in need;
longing for His love, upon His love we feed.

us of Himself when most we need His care,
in answer to our faithful, earnest prayer.

us when grim disease would steal away our health,
we need daily bread and gives us of His wealth,
horror and despair would show upon our brow,
His presence ever with us here and now.

when we lift up our thought and know that He is near,
comfort and sustain, is right at hand to cheer.
from our heart of hearts goes forth a longing cry;
He gives Himself to us as He is passing by.



Wednesday, April 11

I desire to be just at all times so that the justice of Christ may be expressed through me.

THE JUSTICE of Christ in man is expressed through him when man is willing to let it be done. When man is unjust, he prevents this justice from being done through him. His stubbornness and sense of injustice act as a barrier to the justice of Christ.

Christ is always just. Were He otherwise, He would not be Christ, the anointed, the spiritually illumined. If you intend to become illumined spiritually, you must see that no thought of injustice lurks in your mind. You must think only in terms of justice.

In the consciousness of justice, we rise above all sense of injustice. We no longer seek revenge. We no longer live in the memory of personal injury. We are willing to rise above all personal desire to punish another for injuring our feelings. We wipe out all sense of personal injury when we abide in justice.

Being just with his fellow man is a mark of the master, of one who is developed spiritually. Such a one forgets the seeming wrong, but remembers the Christ, Christ in his fellow man. He recalls Christ's admonitions to justice.

Your righteousness shall exceed the righteousness of the scribes and Pharisees.—Matt. 5:20.

Thursday, April 12

*I am no longer fearful. Christ within
me fills me with indomitable courage.*

RISE above all sense of fear by turning to Christ within you. Cease to be afraid of things of the external world. Know that you have within you that which fills you with courage. You will become fearless when you identify yourself with the courage of Christ.

Many persons lead unhappy lives because they are fearful. They are filled with thoughts of fear and everything in their lives seems to be interpreted in terms of fear. They fear other persons, the future, financial obligations, and death. They fear disease and thereby break down the mental resistance to disease.

The courageous person knows that with Christ in the midst of him he need have no fear. He rises to that consciousness in which he no longer fears other persons and external things. He gets the realization of his supremacy over the thing that formerly caused him to fear.

If you would be courageous, think less and less of the thing that seems to frighten you. Give your attention to the presence of courage within your breast and identify yourself with it.

There were they in great fear, where no fear was.—*Psalms 53:5.*

Friday, April 13

*I have absolute faith in God, knowing
that His goodness will prevail.*

WE CEASE to doubt when our faith is perfected in God. We no longer disbelieve in His goodness or in His power. We cease to think that there is some power other than His omnipotence or that there is some other presence besides His omnipresence.

To have absolute faith in God you must not believe that He shares His power or presence with evil. You must not believe that evil sometimes has presence or power in Truth. You must know that God is all in all.

The man with absolute faith in himself, in God in the midst of him, is sure to succeed. He cannot fail because God does not fail. His faith in the indwelling presence is sure to make him succeed. If he has faith in God within him, he knows that his word is established in God and is bound to accomplish that which he desires. He has faith in God's healing power and no faith in disease.

You can increase your faith just by thinking often of God. Think of Him when you would be tempted to think of evil. Think of His power when you would be inclined to think that sin has power over you.

Jehovah preserveth the faithful.—Psalms 31:23.

Saturday, April 14

*The perfection of the Son of God is
now in me as my own perfect sonship.*

DO YOU think of yourself as you sometimes appear, evil or diseased, or as you exist in the sight of God, perfect and whole? In Truth you learn to look past the appearance. You cease to think that that which appears is true-if the appearance is not in harmony with Truth. You learn that as a child of God you are whole and perfect.

Man is created perfect in the sight of God. In the Truth of God, there is no man other than His perfect creation. God knows no other man and man fails to think according to Truth when he attempts to know some other one. Our whole study of Truth revolves around man and his relation to God, his perfection in the sight of God.

If you have been seeing yourself as lacking in perfection, turn to Truth. Turn to the presence of Christ within you and behold yourself stripped of sin, evil, and imperfection. See your divine sonship as it is mirrored in heaven.

The student of Truth cannot do otherwise than behold man as he exists in Truth and in the sight of God. Were he to think of man or to see him in some other way he would be disloyal to the Father and to the teachings of heaven.

I am God Almighty; walk before me, and be thou perfect.—*Gen. 17:1.*

Sunday, April 15

The Spirit of Christ shows me the path I should take and my way is easy and successful.



ARE YOU undecided today about something? Do you need to decide which path you should take? Has your way been difficult and unsuccessful? Then turn to the Spirit of Christ within you and let Him point out your path to you.

Christ's way is the way of light, peace, joy, and plenty. When you are directed into the path that He wants you to take, you will find the way ideal in character. If your way has been one of sacrifice and deprivation, you have been going contrary to Truth.


Many persons have difficulty in making decisions. They view two paths ahead of them. Christ sees but one, the right path. When we turn to Christ within us, we see but the one. We know what is His will for us. We know the right path.

In Truth there is but one decision for you to make, but one way ahead of you. The other ways you consider either lead aside from the right path or else they are detours. The way of Spirit is the way that is the shortcut to all that you desire. It is the path that is the direct route to heaven and heavenly blessings. Christ will reveal this way to you.

Make straight paths for your feet.—Heb. 12:13.

Monday, April 16

God, the one power in Truth, is now expressing Himself through me as power for good.

OD is omnipotent; all the power there is in Truth. He is the power of love and the power of health. He is the power that makes you succeed. When we believe that He is the power for good, we open the way for Him to express Himself in us as good.

What about the seeming power of evil? It does not exist in Truth. The power in evil is solely the power that man puts into it through his own thought. It loses its power when man ceases to think about it and thinks Truth.

Man has power through Christ to remove every evidence of evil from his life and to cause good alone to be established. He has power to cause good to appear in unlimited measure. He has power to remove disease and to establish health.

The power of Christ in us is the power that makes it easy for us to do whatever we undertake to do. We know no rival power when our thought is upon Christ. We do not believe in the power of evil, sin, fear, disease, and failure when we know that God as good is omnipotent.

Ye shall receive power, when the Holy Spirit is come upon you.—*Acts 1:8.*

Tuesday, April 17

I turn my attention to the kingdom of heaven within me and I abide in heaven.

IN ORDER to direct our attention heavenward, we must think heavenly thoughts. We must think thoughts of light, peace, joy, love, life, and plenty. Our thoughts must be upon Truth. We need to rise above every thought of adversity and lack and abide in the consciousness of Truth.

Heaven is within and about us. It is the presence of Christ. Directing our thought to Christ, we enter the heavenly consciousness in which no thought of adversity or limitation can abide. We live in heaven when we live in the conscious realization of the presence of Christ.

Have you thought of heaven as some place in the distance or in the future? Have you put off enjoying heaven because of this misconception? Heaven is not limited by man's concept of space and time. Heaven exists here and now and we abide in it when we reach the consciousness of heaven.

Heaven is a harmonious state of consciousness. Perfect harmony reigns in consciousness when we enter the high realization that we are in heaven. We live in the conscious realization that Christ is here and now present.

The kingdom of heaven is at hand.—*Matt. 4:17.*

Wednesday, April 18

My consciousness of the Truth of Christ now frees me from every false conception and I behold myself as I exist in Truth.

JESUS BROUGHT TRUTH to mankind in order to free man from that which is false. Man had believed falsehood to be true. He had believed that sin, evil, fear, hate, disease, and failure had power over him. He had accepted these as true and his life had been limited by such thinking.

The message of Truth is liberation from the false ideas that have held us in bondage. We cannot continue to believe falsehood after the truth is established in consciousness. We cannot continue to think that disease is true of us when we know the truth about health.

Jesus gave man a philosophy of life that is good at all times. It is a science of Truth that can be demonstrated and found practical and reliable. The Truth of Christ is that truth which when revealed to man sets him free from false impressions that he has had about himself. It restores his divine birthright to him. It sets him free from evil, fear, and disease and makes him masterful in the knowledge of His freedom.

Meditate often upon Truth. When you are tempted to think contrary to Truth, turn instantly to Christ.

Speaking truth in love.—*Eph. 4:15.*

Thursday, April 19

The light of Christ shining at the heart of my being is the light that illumines me with spiritual understanding.



HE LIGHT of Christ illumines and inspires us. We have but to turn to His presence within us in order to receive wisdom from Him. We need but unify ourselves with Him in order to have His light break upon us as wisdom sufficient for our needs at the time.

The light of Christ within us is a veritable ray of light from heaven. We may easily see that man would not be sent into the world without light, else he would be required to progress in the dark and in ignorance. We can see that he carries the torch of Truth and that he possesses the light that will dispel every form of ignorance.

If you need illumination, turn to Christ within you. Be illumined by His light. Go your way knowing that Christ is ever with you, illumining and guiding you. He is ever revealing and disclosing to you the richest blessings of heaven.

Those who receive spiritual revelations are those who have turned to Christ and have abided in His light. They have realized that they no longer live in darkness.

If we walk in the light, as he is in the light, we have fellowship one with another.—*I John 1:7.*

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

April 20 to May 19

Illumination

Through Christ, all things are revealed to me in their perfection.

Healing

The resurrecting Christ life within me is now renewing and restoring my body temple.

Prosperity

New avenues of prosperity are constantly opening to me through the power of Spirit.

Friday, April 20

The healing presence of Christ within me turns my belief in disease to the truth of my health in Him.

IS HEALING a mystery to you? Do you think of it as some mysterious process that takes place after man has endured disease for a while? Have you grasped the metaphysical nature of healing? Do you know that you are healed through the activity of Christ within you?

Man makes the connection with disease by believing that it has power over him. It gains admission to his body through his mind. He fails to know the truth about health and believes that disease is the truth about him. Thinking in this way, he thinks contrary to the truth of high heaven.

The change from disease to health is primarily a change in mind or in consciousness. We exchange the race belief in disease for Truth. We turn from the thought about disease to the living presence of Christ within us and find that He is our life, our health, and our strength. His presence purifies, renews, heals, and strengthens us.

The presence of Christ within us is a fountain of health placed within us by God when we were created. We need never experience disease if we know this and realize His presence.

O Jehovah, heal me.—*Psalms 6:2.*

Saturday, April 21

In the consciousness of rich ideas, I now cause my prosperity and success to become manifest.

MAN HAS power to demonstrate supply and plenty through the rich ideas that he receives from spiritual consciousness. He has power to cause prosperity to appear in his affairs through the rich ideas he uses in his business. He demonstrates prosperity because of the rich consciousness back of his business. He puts into his work something that is certain to manifest itself as abundance and success.

Spiritual consciousness is the source of all that we need and desire. We rise to spiritual consciousness and are given the key that unlocks the storehouse of heaven. Those who demonstrate prosperity are those who have gained this realization. They abide in the consciousness that they have sufficiency for every demand.

Living in the consciousness of the riches of heaven, we discover that as children of God we inherit them. We find that no good thing is ever withheld from us.

Cast out of mind every belief in lack. Refuse to believe that God wants you to be poverty-stricken or to live in lack.

Thou shalt make thy way prosperous, and then thou shalt have good success.—*Josh. 1:8.*

Sunday, April 22

Rising out of the habit of condemnation, I enter the consciousness in which I can praise the good in all persons and all things.

THE HABIT of condemnation belongs to that low state of consciousness in which man believes in the power of evil. He condemns others when he sees evidence of evil. He lives in that state of mind in which evil is so real to him that he refuses to see the good.

When you are inclined to look at the evil in others, correct your thinking. Look for the good. Look for something to praise. Become so engrossed in looking for the presence of Christ, the presence of good, in another that you do not see any appearance of evil. After all, you need not look at his personal problem or the evidence of evil that may come to the surface in his working out of his soul's lessons. This is a matter for his concern and you need not think about it. However, you are obliged to look for the good in him and to praise what you find.

We free ourselves from the habit of condemnation when we see that we have no right to condemn others. In Truth there is nothing for us to do but praise. In Truth we magnify the good in our consciousness and behold it wherever it is to be found.

Who is he that shall condemn me?—*Isa. 50:9.*

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Monday, April 23

*I abide in the stillness and quietness
of the presence of Christ within me.*



IN THE PRESENCE of Christ there is always quietness. We can turn from the noise of the external world and always find quietness within ourselves. We find the presence of Christ, which is always a source of peace and stillness.

Many persons miss something in life because they have not learned to turn to the presence of Christ within them to find a sense of quiet. They are so disturbed by things of the outer world that their lives are always in confusion. They need to turn to Christ and find His quiet. They need to turn from that which disturbs and find stillness within them.

Do you follow the plan of having regular periods for silence? Many hold the silence the first thing in the morning, as a rule, and then expect to find some time during the day for a prayerful meditation. They find that this plan gives them renewed strength and power to overcome adverse conditions.

You have within you the very quietness and stillness of Christ. Turn your thought to this presence and receive power from it. Identify yourself with Christ and the power of His stillness.

The effect of righteousness, [shall be] quietness and confidence for ever.—*Isa. 32:17.*

Tuesday, April 24

*I relax from all tension and strain
and live in the presence of Christ with-
in me.*

WHEN YOU want to relieve yourself of all strain and tension, turn to Christ and think of Him. Cease to think of the external things that make you tense. Give up thoughts that cause mental and physical strain. Relax in the consciousness that you are in the presence of Christ. Of course, you will not be tense in His presence.

If you would relax, cease to be fearful. No longer be resistant in your attitude toward life. Do not give things of the external world power over you. Do not think of other persons as having power to interfere with your happiness or success.

You will not be tense when you cease to hold inharmonious thoughts in your mind. Your body will relax when you no longer have thoughts in mind that cause tension. When these thoughts are excluded from mind, you will find that physical relaxation results. You will discover that mental and physical peace will come.

He that dwelleth in the secret place of the Most
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Shall abide under the shadow of the Almighty.
—Psalms 91:1.

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Wednesday, April 25

In the consciousness that all is eternally new in Spirit, I behold myself and all things of my world made new.



OUR STATEMENT for today inspires us to rise out of the consciousness which comes from thinking old and useless thoughts into the consciousness of Spirit and newness. We behold ourselves as freed from any belief that we are in any bondage to race beliefs in age and mental fixation. We see ourselves and our whole world renewed in Spirit. We see the world from the standpoint of its Creator.

When a thought antagonistic to a new viewpoint comes to mind, drop it from mind. Discipline your mind to be receptive to new ideas. Train yourself to think new thoughts. This plan will make you friendly to new ideas. Your mind will be renewed and invigorated. There is nothing equal to new ideas to renew the mind.

You will feel a sense of physical newness through your thinking new ideas. You will be renewed in the body because of the new force working in your mind. Your outlook upon life will be changed through the new state of consciousness that is brought about. You will be regenerated into a new person in Christ.

He hath put a new song in my mouth.—*Psalms*
40:3.

Thursday, April 26

The forgiving power of Christ is ever active in me and I, too, forgive.

FORGIVENESS is a process of wiping from our mind the thought that another person has intentionally harmed us. By this process, the person is restored to the place in our affections that he had before the seeming wrong was committed. Forgiveness is a difficult matter for a person who thinks that the matter rests entirely with him.

If you would forgive another, cease to think of the wrong to which you have given a place in your mind and memory. Cease to turn the matter over and over in your mind. Simply be willing to drop the whole affair just as if it had never happened. In fact, you must take the attitude that in Spirit and in Truth the memory of offense has neither existence nor place.

If you would forgive some one, think of him as unrelated to the situation that offended you. View the situation impersonally. See it as a situation that you attracted to yourself. Think of this person only as one chosen to give you a lesson.

Know that Christ in you is now actively engaged in prompting you to forgive. Let His work be done.

Whatsoever thou shalt loose on earth shall be loosed in heaven.—*Matt. 16:19.*

Friday, April 27

I have the clear realization that Christ lives in me, and I am ever unified with His presence and power.

YOU WILL find that when things of the world disturb you, when you need to retreat to a place of peace and poise, when you need to get a clearer realization of health, when you need to realize that Christ is your source of supply, you have right at hand—right within you—the very presence and power of Christ.

Christ within you is all that you will ever want, all that you will ever hunger for, the only thing that will entirely satisfy unsatisfied longings. You may seek far and wide for happiness, but you will ultimately find it when you discover Christ in you. You may seek health to no avail, but Christ will ever be within you ready to quicken you to health. You may go to the ends of the earth in search of prosperity and success, but finally find that their source is within you.

Christ in you is the spark of the divine that grows brighter and larger as you meditate upon spiritual things. He is the presence of God within you. He is that which is heaven-sent to help you in a world of problems and in times of stress and strain.

Christ be formed in you.—*Gal. 4:19.*

Saturday, April 28

Through prayer, realization of my oneness with God, I come into possession of manifold blessings.



THINK of every good that comes to you as coming through your consciousness of oneness with God. Think of your communion with God through prayer as causing good to be manifested for you. Realize that you are so interrelated with God that you cannot be apart from Him and His blessings.

There is magic in prayer. It is force given to man whereby he can transform his world. It is the power by which things of the world are rendered powerless over man. It is that process by which man relates himself to all that heaven has in store for him.

Prayer lifts us to the consciousness that nothing of the world can harm us since God is with us. Prayer unites us with God when we have been thinking of the power of evil and we behold evil's powerlessness. Prayer makes us conscious of healing streams within us. Prayer reveals to us our daily bread when it would appear to be hidden from us.

Learn to pray. Teach yourself to turn to God and feel His presence. Learn to turn Godward when things of the world crowd in upon you.

The prayer of faith shall save him.—James 5:15.



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Sunday, April 29

I abide in the consciousness that now is the only time in Spirit and I see all good manifest now.

DO YOU put off until the future the matter of enjoying life and demonstrating the goodness of God in your life? Are you living on a strain waiting until tomorrow for some good to come to you? Do you think of today as having nothing in store for you, but of the future as possibly holding many blessings? Do you not see that you are putting your good away from you when you put it in the future? Do you not see that you will never catch up with it if you always place it ahead of you somewhere?

The student of practical Christianity knows that in Spirit there is neither past nor future. He knows that the only time of Spirit is the eternal now, the present moment.

Learn to live in the present moment. Expect the blessings of God to appear here and now. Cease to give your thought to the memory of unpleasant experiences of the past or to intangible things of the elusive tomorrow. Today is the only time to live and to enjoy the blessings of God.

In the consciousness of the eternal now, we cause God's blessings to become manifest for us now.

The time is fulfilled.—Mark 1:14.

Monday, April 30

Through Christ in me I have dominion over every situation in my life.



EVER think of other persons or external things as having dominion over you. Know the truth that through Christ within you you have dominion and authority over everything and every circumstance in your life. You have dominion and mastery in every situation and have power to transform your world because of this innate authority.

All unhappiness comes from the belief that persons and things have dominion over us and from the thought that we are more or less helpless because of them. We realize that the seat of dominion is within us and not in the outer world. We know that through Christ in us we have complete dominion over ourselves, our environment, and all things that concern us.

In the realization of your dominion you will find no place for any thought that things of the world can have dominion over you. You will come to the realization that nothing in all the world can have dominion over you. You will realize that in Truth there is only God, only His authority and dominion; nothing external to you that can usurp the dominion and authority of God.

Let not any iniquity have dominion over me.
—Psalms 119:133.

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EASTER GIFTS

Easter is at hand, and as your heart overflows with joy, you will want to send an expression of love to your friends. On this page you will find some delightful gift suggestions.

Our booklets *Holy Bread* and *The Song of Life* are most appropriate for those to whom you wish to send just a word of greeting. *Holy Bread*, by Zelia M. Walters, is an account of a true incident showing the good results of sharing with others. *The Song of Life* is Ernest C. Wilson's beautiful interpretation of the 23d Psalm. These booklets have attractive covers, and are inclosed in Easter envelopes. Price, 10 cents each; \$1 for twenty copies.

As a special Easter gift to some friend, why not select one of our standard Truth books? These are bound in dark-green cloth and lettered in gold. They are priced at \$1 a copy, and their titles comprise *Lessons in Truth*, *Miscellaneous Writings*, *Christian Healing*, *The Twelve Powers of Man*, *Remember*, *The Sunlit Way*, *Adventures in Prosperity*, *Heal Thyself*, *What Are You?*, *All Things Made New*, *Creed of the Dauntless*, *Open Doors*, and *Lovingly in the Hands of the Father*.

Make some child happy this Easter with the gift of a year's subscription for *Wee Wisdom*, a magazine that offers boys and girls hours of entertainment and constructive activity, while teaching them the highest ideals of life. Price, \$1 a year.

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Business and the Dinosaur

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—*Buddha.*



